



Help Yourself to Better Health



Do ongoing health problems or the fear of a fall keep you from doing the things you want to do?

If there was something you could do to take control of your health — and your life — would you? **There is!** Sign up for a health promotion workshop near you.

Stepping On Falls Prevention Workshop

When: Mondays, April 13th through June 1st
from 10 am – 12 pm (no class May 25th)

Where: St. John Lutheran Church, E5221 Church Rd.,
Algoma (Rankin)

Cost: \$10 suggested donation

This falls prevention program meets once-a-week for 7 weeks and is proven to reduce falls by 31%. If you're 60 or older and have fallen or are afraid of falling, this program is for you!

What you'll learn:

- ♦ Balance & strength exercises
- ♦ How medication & vision affect your fall risk
- ♦ How to get up safely if you do fall
- ♦ Ways to remove falls hazards at home and navigate safely outside

To register:

Call the Aging & Disability Resource Center of the Lakeshore at 1-877-416-7083



Wisconsin Statistics

- ❖ Wisconsin has the highest rate of fall-related deaths in the U.S. – more than twice the national rate. (CDC)
- ❖ At least \$771 million in hospital charges were attributable to falls in 2015; 70% of these costs were paid by Medicare & Medicaid programs. (Wisconsin DHS)
- ❖ 40% of individuals entering nursing homes had a fall in the previous 30 days. (Wisconsin DHS)